

## NEWS

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### MEALS ON WHEELS SEEKS SMALL GIFTS FOR SENIORS

The Meals On Wheels program provides hot nutritious meals to some 500 homebound seniors in Ada and Elmore counties throughout the year, but during the holidays the volunteers like to deliver a little something extra. Over the next couple of weeks volunteers will be assembling small gift bags that will be delivered to Meals On Wheels clients just before Christmas. The program is asking the community to help fill those bags with little things that will help to brighten the holidays for seniors. Here are some of the items that might go in the bags:

- Sample or hotel-size hand lotion, shampoo or conditioner
- Postage stamps, stationary and cards
- Lip balm
- Small travel size packages of tissue paper
- Individually packaged candies
- Ornaments
- Individually packaged tea or hot cocoa
- Individually packaged food items such as oatmeal, soup, fruit cups, granola bars, etc.

The gifts need to be dropped off at the Central District Health Department (CDHD) at 707 N Armstrong Place (just north of Emerald, near Five Mile) in Boise, or at the CDHD office in Mountain Home at 520 East 8<sup>th</sup> Street North before the close of business on Friday December 16, 2005. For more information on the Meals On Wheels program, to volunteer or donate please call 327-7460 or visit the CDHD website at [www.cdhd.idaho.gov](http://www.cdhd.idaho.gov).